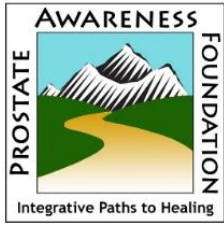


Prostate Awareness Foundation Hiking Program

Mondays at 9am



Taylor Mountain – Out and Back Loop
Santa Rosa, Sonoma County
Monday, June 27, 2022 9am
Moderate
3-4 hours, 1100' elevation gain, 5 miles

This is a different route up Taylor Mountain than we usually do. It's a great time of the year to hike in the rolling oak laden hills of central Sonoma County.

We will hike up the south leg of the Red Tail trail and wind our way to the summit. Then return on the north fork of the Red Tail Trail. This is a fairly easy hike with plenty of open terrain and beautiful oaks.

We will meet in the parking lot off Petaluma Hill Rd., south of Yulupa Ave. This is a Sonoma County Park with a fee of \$8 parking per vehicle. Let's consider carpooling to the trailhead.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude! Hiking poles are optional but helpful.

Please contact Ken Malik no later than 5pm on Sunday night to let us know you plan to participate and to arrange carpooling and logistics. Email kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!

Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.



www.prostateawarenessfoundation.org
Integrative Paths to Healing